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FRIDAY, APRIL 1, 2011

## Day for fools

Keep your head up today.  
Page 5

## Taxes going up

Average Port resident to pay \$50 more.  
Page 11.

## He's a writer

Meet the man behind the letters.  
Page 9.

## Anglers lured

Big money prizes at 20th annual walleye tournament. Page 23.

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# INPORT NEWS

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For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

### CANAL OPEN

Ship-shape year forecast

MARYVANNE FIRTH  
InPort News Staff

PORT COLBORNE — Though the voyage began with ancient mariners, it was the seafarers of today and tomorrow that were the focus of a special celebration last week.

See CANAL | page 3

See Inside:  
**INSERTS**  
Full Distribution  
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Niagara  
College  
Canada  
APPLIED DESIGN

homes  
M&M  
MEAT SHOPS

### SOLD-OUT: Third annual event for Port Cares



## Soup-er supportive

VICTORIA GRAY  
InPort News Staff

PORT COLBORNE — A taste of soup can give the less fortunate a chance to get the help they need.

Port Cares held its third annual Soup Fest at St. Patrick's Parish in Port Colborne last Friday.

Student chefs from Lakeshore Catholic High School, Port Colborne High School and Niagara College prepared a variety of soups for the sold-out seatings.

Lynda Reinhart, executive director of Port Cares, was extremely happy with the turn out and quality of the student's creations.

"The support has been very good," she said. "This is a very supportive community to us."

and our work. We couldn't do it without them."

More than 200 people came out to back the event's initiative, Reaching Out and Feeding Lives. Proceeds from the campaign will help the Port Cares' Reach Out Centre expansion that will include an industrial kitchen, office space and a larger office.

Linda Ursacki and her husband Allan attended Friday's first soup tasting and enjoyed Lakeshore Catholic High School's winter butternut squash soup.

"It's a good cause," Linda said. "It builds community spirit and it's a good idea to give (the students) some skills for the workplace."

See SOUP | page 2

Bernice Davies, 93, of Port Colborne was invited to Soup Fest by Port Cares executive director Lynda Reinhart.



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## ■ SOUP

# Reach Out Centre project to cost \$1M

FROM PAGE 1

Desarai McGee, 16, a student in Lakeshore Catholic High School's hospitality and tourism program, helped to prepare soup and serve patrons.

She was grateful for the chance to flex her skills and help out.

"It's great to get to know the community and we get to help out and give back," she said. "The community helps us out a lot."

Port Cares' Reach Out Centre project will cost more than \$1 million, but the federal and provincial governments will pay a third each.

The rest needs to come from donors and fundraisers. So far Port Cares has raised \$335,000.

The Niagara College's Canadian Food and Wine Institute also served up soup for the reach out centre.

Chelsea Soper, 21, has volunteered before and thinks it's not only fun, but beneficial for everyone.

"It's nice to meet other chefs, it looks good on a resume and the school



community helps out a lot," she said.

Joel Culiford, a chef at Port Colborne High School, gushed about his students, the effort they put into the fundraiser and his city.

"It's great to be part of the community and it's great to cultivate that relationship because when we need help the community might be there for us," he said.

"If you don't you can become an island and nobody does anything."

Ilyssa Boisvenue, 16, a student in Port High's culinary arts program spent two days staying late after school to make bread for the event and couldn't pass up the opportunity to volunteer.

"Everybody helps each other in this community," she said. "So when somebody needs help, we help."

vgray@wellandtribune.ca

**VICTORIA GRAY** Staff Photos  
LEFT PHOTO: Dezarai McGee, left, and Jacob Attrill, students in Lakeshore Catholic High School's hospitality and tourism program serve winter butternut squash soup and pasta fagioli soup at the third annual Port Cares Soup Fest on Friday at St. Patrick's Parish.

BOTTOM PHOTO: Chelsea Soper, a student of Niagara College's Canadian Food and Wine Institute, and chef professor David Gibson demonstrate their skills at the third annual Port Cares Soup Fest on Friday at St. Patrick's Parish.



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Barry Davis - Sept. 2010

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# portraits

## ■ CANAL

## Top Hat ceremony was standing room only

## FROM PAGE 1

It was standing room only in Port Colborne High School's auditorium, where students and members of the community gathered for the city's annual Top Hat Ceremony.

A long-time tradition in the lake port town, the ceremony not only offers a hat wishes to sailors, but also celebrates the marine industry and its impact on the community, Mayor Vance Badaway told the crowd. Tuesday marked the 53rd navigation season of the St. Lawrence Seaway and the return of traffic on the Welland Canal.

Today's event will recognize and show our appreciation of the contribution the marine industry makes to our overall economy," Badaway said during the ceremony. It's also a chance, he added, to address "the contribution our community can make to the overall sustainability of the industry."

The opening of the shipping season marks "the moving of an economy in a direction that favours our strengths in terms of our location as a gateway for trade," he said.

This is the second consecutive year the celebration has been held at the high school, allowing the city to introduce a new generation of could-be mariners to the industry and careers it offers, Badaway said, such as deck-hand, galley cook, engineer or even captain.

Many careers in the marine industry are in high demand,

said Kalley Thompson, marketing and recruiting specialist for Georgian College.

Thompson shared information with the crowd about the school's marine engineering and marine navigation programs — both offered at the Owen Sound campus in the Lakeshore Innovation and Marine Training Centre. For more information on the programs, visit [www.marinetraining.ca](http://www.marinetraining.ca).

St. Lawrence Seaway Management Corp. is projecting a 7% increase in cargo tonnage for the 2011 season, said Luc Boisclair, the company's general manager of planning for North America. An increase would mean 39.1 million tonnes of cargo would be shipped on the seaway this year.

Traditional staple cargoes of grain and ore are expected to remain strong this season, he said, and road salt shipments are expected to increase as reported by depots along inventories from this year's challenging winter conditions. After completing the official ceremony at the Elgin St. high school, Badaway headed down to Lock 8 Park to await the arrival of the first downbound vessel. For the third consecutive year, it was the Algomaest, which earned the title with Capt. Colin Mark as the coveted top hat.

The Algomaest was making its way down the canal to Montreal carrying fuel for other ships — fitting cargo to kick off the shipping season.

[mfirth@wellandtribune.ca](mailto:mfirth@wellandtribune.ca)

## ■ ANOTHER CANAL SHIPPING SEASON



MARYANNE FIRTH Staff Photo  
ABOVE: The Algomaest at Lock 8.



MARYANNE FIRTH Staff Photo  
Capt. Colin Mark of the Algomaest was presented with the coveted top hat presented to him by Port Colborne Mayor Vance Badaway during the opening of the Welland Canal shipping season.



MARYANNE FIRTH Staff Photo  
Capt. Colin Mark of the Algomaest was presented with the top hat during the opening of the Welland Canal shipping season.

# INPORT NEWS

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Ken Koyama, publisher, general manager  
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## ourview

# End of an era

"We played a lot of hockey here," Tom Lannan said last Friday night as he looked around the Teeder Kennedy Youth Arena. "I've coached a lot of teams."

The arena on Elizabeth St. first opened its doors in December 1974, a year before Lannan joined the municipality as program supervisor.

On Nov. 26, 1976, the building was dedicated and named after Ted (Teeder) Kennedy, an NHL Hall of Famer who played for the Toronto Maple Leafs throughout his career from 1942 to 1957, and grew up in Humberstone, not far from the arena that bears his name.

Kennedy, Lannan's cousin, was at the arena for the official opening in 1976 along with Bruno Horvath, a former NHL and AHL star also from Port Colborne.

Lannan, who retired in 2009 as Port Colborne's recreation director, returned last week to drop the puck to start the final game ever to be played in that arena, an atom house league semifinal playoff game.

While the arena will be closed for the next hockey season, arenas that played there will have places to play, Fort Erie, Wainfleet, and even Dunnville have offered ice time for the Port teams.

Replacing the arena will be a new twin-pad inside a new health and wellness centre to be built.

Like Lannan, we hope Kennedy's name will somehow be associated with the new complex. We also hope the area continues to be served the Thomas A. Lannan Sports Complex. Though Kennedy died in 2009, it would be fitting for the two relatives to remain connected.

Maybe there's even a spot in the new centre that could be named after Horvath and other hockey greats from the city.

# Congratulations

While we're on the topic of hockey, we'd like to congratulate the Port Colborne Scotianball Sailors for their recent win against Stratford to help the team clinch its first Ontario Minor Hockey Association championship since 1955.

About 300 residents, many of which were family members of the players, made the 2-1/2 hour trip to Stratford to cheer on the Sailors.

Port Colborne Minor Hockey Association president Bill Steele said everyone could tell, as the game started, that the Sailors wanted the game and the championship.

Head coach Tim Fretz said news of the championship travelled fast, with several spectators getting off the team bus on its way past along Hwy. 3 appearing as early as Wainfleet.

"They received quite a welcome when they came home, and they deserved it," Fretz said in praising the play of his 13- and 14-year-old players.

## COLUMN

# I've been thinking about 'fools'

REV. GORD ABRAHAM  
Port Colborne Baptist Church

Here we are again. Another year and another April Fool's day: All the jokes have to be completed by noon or they are invalid. Who makes up these rules anyway?

Where did this day come from? More important, what is a fool?

I quickly searched the online Princeton definition. "A fool is a person who lacks good judgment or a person who is foolish and easy to take advantage of."

From what I read, whichever of the two you choose, it means the same. A fool is someone who is lacking wisdom or is easily led because he lacks the wisdom to know he is being led in a wrong direction.

Years ago, Jim Elliot gave his life to serve a tribal group in the jungles of Ecuador. Jim and 4 others were all murdered in a tiny village a village of the violent, and dangerous Waodani tribe. The very people, that the 5 missionaries loved and were attempting to tell of the love of Jesus, were their executioners; spears puncturing their bodies like pin cushions.

At first, the loss of the five men was declared a waste or a foolish sacrifice. But, the opposite was true. To God, this act of sacrifice was wisdom.

Most don't get it. It remains foolish to

them.

But, such is it with God. Christopher Hitchens, the self-styled atheist, would tear strips up one side of this idea and down the other for even intimating that God, if he exists, works the way he does. He would conclude that God is foolish, absurd, barbaric and certainly not great!

Even to me, there are times when, what God does, appears senseless, foolish and wasteful.

But, the motto of Jim Elliot's, penned years before his death, speaks to the point:

He wrote the following, in his journal on October 28, 1949. "He is no fool who gives what he cannot keep to gain that which he cannot lose."

In this journal statement, Jim seems to answer, prophetically, the question, "Is the sacrifice of my life a waste?" "Am I a fool if I give up my life in order to give the message of Christ's love to those who have never heard of Him?"

Elliot believed that his physical life was expendable in the cause of allowing others to hear the Good News of Jesus' love and death on the cross for them.

He believed that the sacrifice of his physical life was nothing compared to gaining life eternal with God for himself and others. The outcome is found in history. The first to become Christians in that very tribe, were the men who earlier spearred Jim and his four friends to death.

In 1 Corinthians 1 verse 18 and 19, the Apostle Paul writes, "The message of the cross is foolishness to those who are headed for destruction but to us who are judging, sound knowledge it is the very power of God. As the Scriptures say, 'I will destroy the wisdom of the wise and discard the intelligence of the intelligent.'

To another group in the Empire capital of Rome, the Apostle Paul writes in Romans 1 verse 16 and 17, "For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Greek. And the Good News tells us how God makes us right in his sight. This is accomplished from start to finish by faith. As the Scriptures say, 'It is through faith that a righteous person has life.'

A life lost in the manner of Jim Elliot's seems foolish to many. A message of the crucified God, in our modern world of technology and independence, is close to craziness!

But to God, who has the final word and through whom we live and move and have our very existence, it is called wisdom.

People who come to the realization that they have been foolish in rejecting the gift of God's Son, Jesus, and instead, choose to trust in Jesus Christ, gain the salvation of God. They are not fools in God's sight, but are declared wise.

I would rather be a fool God's way. How about you?

## readers' views

### A YOUNG WIND TURBINE SUPPORTER

I am only 14 years old and my brother is 10 but we are aware of what is going on in Niagara about the solar panels and the windmills. We know that the two nearest areas are in Pennsylvania and Pickerington of Ontario.

My generation are the ones who are going to inherit the results of your decisions today.

After hearing about the nuclear plants in Japan I am aware that we have (minor) earthquakes here on a regular basis. I have seen Nanticoke and it is a huge ugly mass of concrete and bricks with these big huge chimneys spewing out filthy black smoke that pollutes the air and is bad for the environment.

I think windmills and solar panels are the way to go. I love looking at them when I pass by some of them. They are beautiful and do not cause pollution.

Chelsey Davies  
Wainfleet

### A SIMPLE SOLUTION

Ongoing discussion and debate regarding the placement of industrial wind turbines within the Region of Niagara continues, with proponents and opponents apparently unable to reach any agreement completely acceptable to everyone.

I have an easy solution that should be acceptable:

This is particularly true with regard to recent comments from a large majority of municipal leaders who are urging all Niagara residents to welcome the idea of one Niagara with each separate municipality contributing to what is seen in the best interests of both all regional residents and in the way each municipality can best contribute.

As a Niagara region has embraced the 'green' alternate energies of industrial wind and solar power.

Two rural and agricultural municipal councils, Wainfleet and West Lincoln, have recently voted unanimously to request that the province impose a moratorium on any future industrial wind turbine construction.

In Wainfleet there are a few residents who do support industrial wind turbines, however, at each public meeting they have proved to be very much in the minority.

It well publicized that both Wainfleet and Port Colborne are totally in support of both industrial wind and solar production.

In the interests of the region and good neighbourhoods, wouldn't it make sense for such municipalities to gain all the benefits from such industries, respect and support both Wainfleet and West Lincoln's democratic rights and make a decision at regional level that all industrial wind and solar projects should be located in the areas which actually support and want them?

It makes sense, would not conflict with the Green Energy Act, and would show Niagara's support for all its municipalities and all its residents.

Andrew Watts  
Wainfleet

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■ DUMA

# 'The land deal? Forget it. It's not true.'

FROM PAGE 5

Immediately after being dismissed, I walked the two blocks to see a good friend of mine who happened to be a lawyer. His secretary let him know I was there and he came out to greet me and lead me into his office.

A big bear of man with a really kind heart, Brian's eyes got wide and watery as I told him what happened.

"Hang on a minute," he

said. He picked up the phone and soon had a client on the line.

"You know what we talked about this morning, the land deal? Forget it. It's an April Fool's story. It's not true."

"Oh, great, I thought. I'm responsible for people getting involved in land deals they shouldn't be getting involved in."

Brian laughed after he hung up the phone, shaking his head.

"They fired you for that," he said. "It was a great story. You nailed the councilors perfectly. That's exactly how each of us would have reacted."

To make a long story short, Brian launched a wrongful dismissal suit against The Lindsay Post.

The Post was an independent newspaper back then, owned by a trio that had been appointed by the paper's owner, 90-plus-year-

old Roy Wilson, before he died. The three selected to run the newspaper knew very little about either journalism or newspapering.

I received an outpouring of support from the newspaper industry, from smaller papers like the North Bay Nugget and the Guelph Mercury to larger ones like the Toronto Sun, to Peter Gzowski from the CBC's Morningside. In fact, I did a five-minute spot with Gzowski.

All the calls of support were consistent — journalists were outraged that one of their own would be fired for an April Fool's joke. Heck, the Mississauga News had reported the previous year that Mayor Hazel McCallion was so angry at the Port Credit Mississauga City Hall to house her new helicopter. Mayor Hazel thought it was hilarious. Mayor Hazel has a sense of humour.

While the Lindsay Post's



management held tough for a few months after firing me, public sympathy actually swung my way. The management eventually capitulated and we settled for a handsome sum —

handsome back in 1984 at least — just before the case was to go to court. Fairness prevailed.

Shortly after the settlement, a job came up at The Tribune's Port Colborne bureau and I have never left town.

It hasn't taken long to consider the little city on the lake home.

The origins of April Fool's Day vary around the world, depending on the country. But one thing is constant.

April 1 is the day when all bets are off and practical jokes rule.

So as you read this, beware. And be skeptical. Today, above all other days.

Happy April 1.

## BERTIE AND CLINTON MUTUAL INSURANCE COMPANY DECLARAS A 15% REFUND ON 2010 PREMIUMS PAID



President Brian Headspis (left) receives refund cheque from Vice-President Phillip Lambert (right) at Bertie and Clinton's head office.

Bertie and Clinton is a local Mutual Insurance Company that specializes in providing farm insurance to its owning members. By insuring with the company, you can also become a part owner and have a voice in how the company is run. Recently, the company declared a refund from surplus of 15% on property, liability and automobile policies paid in 2010. Approximately \$1,515,000.00 will be refunded to the policyholders provided they had been insured for at least one year and the policy is in force as of December 31, 2010. Bertie and Clinton has declared a refund from surplus in sixteen of the last twenty years and has provided insurance for Niagara Peninsula residents since 1880.

The company is run by nine directors who are elected by the policyholders at the annual meeting. Each of the nine directors are elected for a three year term, with three being elected each year. At the annual meeting held March 22, 2011 David Gill of Welland, Phillip Lambert of Niagara-on-the-Lake and David Wiley of St. Catharines were elected for three year terms. Brian Headspis of Wellandport will serve the company as President for 2011-2012 and Phillip Lambert was elected as Vice-President. Keith Halborg of Welland is the Secretary-Manager.

Bertie and Clinton Mutual has agents and brokers throughout the Niagara Peninsula. If you own a farm in the Niagara Peninsula or for any other general insurance needs please contact us at 1789 Merrittville Hwy., R.R.#2 Welland. 905-892-0606 or 1-800-263-0494. Fax 905-893-0565

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George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He welcomes comments and column suggestions and can be reached at: gduma@ cogeco.ca

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## SKILLS ON DISPLAY



VICTORIA GRAY Staff Photo

The electrical skills of Lakeshore Catholic High School's Ryan Lecompte, 17, are tested during the Niagara Catholic Skills Competition at Seaway Mall in Welland last week.

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## ■ COLUMN

# First kick at a budget

I have decided to focus this month's column on something that we all deal with on a yearly, monthly, even daily basis and something that our council spent a lot of time discussing and debating during our first kick at the can last week.

We had some negatives and positives to work with when we started this process. Some of the challenges that the township is facing for 2011 include low growth assessment, wage and insurance increases, aging infrastructure, low reserve levels and increasing tax rates. In fact, the former Niagara Region proposed a small decrease in their portion of the tax bill and some savings were realized with the new HST rules.

A large portion of our



April Jeffs  
MAYOR'S  
COLUMN

capital budget for 2011 has been dedicated to the repair and reconstruction of many roads. The preliminary budget included a road needs study however council decided that at this point in time it was apparent which roads needed attention and decided to put those funds into the roads budget. The completion of the Port Colborne project, Reeds Bay drainage and the purchase of a snowplow/sander truck were also included in the capital budget.

In late December it

was brought to council's attention that the arena needed substantial fire code upgrades. \$140,000 was included in the capital budget to begin to address this issue. These upgrades could total as much as \$450,000. Council and staff will review all the completion of the Recreation Master Plan and will then determine direction with regard to the arena.

Wainfleet is a smaller municipality in terms of population within Niagara and as such we have a smaller budget to work with. Sometimes changes require that we have to make them on a temporary or permanent basis. An example of this was the implementation of a temporary election co-ordinator last fall. From time to time the township

may hire outside firms to assist with special projects that are beyond the normal duties of staff. Examples include last year's Official Plan update and this year's Recreation Master Plan exercise. The use of these outside consultants are related to special projects and help to complete jobs without increasing staff and also to tap into expertise that we may not already have in-house.

At the end of the budget process, council was able to hold the tax rate increase to less than 3%. The increase is primarily in the areas of increases in property taxes and wages and benefits. The 2011 budget addresses spending needs in the areas of cemetery, recreation, winter control and capital road improvements.

## ■ FRIENDLY WAGERS



MARYANNE FIRTH Staff Photo

Port Colborne's city flag flew high in front of Welland city hall following the Welland Junior Canadians' recent loss to the Port Colborne Pirates in junior B hockey playoffs. A friendly wager between Port Colborne Mayor Vance Badaway, left, and Welland Mayor Barry Sharpe, right, resulted in Welland flying Port Colborne's flag for the upcoming week. As part of the bet, Sharpe also wore a Pirate jersey during the regional council meeting on March 24. Badaway has made a bet under the same terms with Niagara Falls Mayor Jim McDonald, as the Pirates and Niagara Falls Canucks battle in the Golden Horseshoe semifinals.

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■ ANDREW WATTS: Wainfleet man has led interesting life on three continents

# The man behind the letters

DAVE JOHNSON  
InPort News Staff

WAINFLEET — Andrew Watts remembers the first letter to the editor he ever wrote to the Tribune.

It was about the Wainfleet water-sewer issue — the Big Pipe — and it was directed at Niagara Region staff.

"It was a very basic letter, I asked why the pipe was necessary. I never did get a response," said Watts, a Wainfleet resident by way of Turks and Caicos Islands, Oman, Saudi Arabia and England.

Despite the lack of response from the region, Watts continued to write letters, posing questions about the Big Pipe and other topics that popped up. He said the letters were what seemed to be a lack of common sense when it comes to government and government agencies at all levels.

"I have no interest in either politics or local government

so I can't explain how I seem to have become so embroiled in writing letters to editors. If something makes me question something then I have a hard time believing in it. I plan on continuing to carry on in the same way."

Though he professes no interest in either politics or local government, Watts ran for Wainfleet township council, a target of some of his letters, last year.

While he didn't win a seat at the table, Watts is pleased at the voter choice Wainfleet residents made during the election.

"I'm delighted with what they are doing at the moment. It's difficult to criticize them."

Watts has already, in fact, criticized the new council over the recent wind turbine motion, which he said should have acted on Ald. David Wyatt's motion when it was first raised instead of waiting a few meetings.

See WATTS | page 10



DAVE JOHNSON Staff Photo

Wainfleet resident Andrew Watts just doesn't write letters to the editor, he also serves the community as part of the Port Colborne Marine Auxiliary Rescue (Pocomar) Unit. Watts once served in the Royal Navy of Oman and has lived in places like Saudi Arabia and the Turks and Caicos Islands.

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■ **TAXES:** Budget finalized

# Average Port resident to pay \$50 more

InPort News Staff

**PORT COLBORNE** — Port Colborne taxpayers can expect to shell out an average \$50 more this year in property taxes this year.

Council approved a 4.27% increase in taxes levied by the municipality.

Once blended with regional and education taxes, residents are looking at a 1.9% tax increase to overall property tax bills, for an average increase of \$50, chief administrative officer Bob Hell told city council Monday afternoon.

Included in budget changes during last Monday's deliberations were the addition of \$13,000 for mandatory health and safety training for staff, \$6,000 for staffing at the city's tourism centread, \$20,000 as an initial investment for a health-care training initiative that may be held in conjunction with McMaster University.

The approved increase also includes \$53,000 to be allocated to the city's "deficit in depreciation costs," Hell said. He previously told council Port Colborne is in need of \$3 million in infrastructure funding to cover the depreciation of its assets, but only \$1.5 million is being levied.

Hell stressed the importance of building a capital amortization fund to ensure assets can be replaced before they reach the end of their life span.

Port Cares executive director Pam Swick Janjac requested a \$50,000 commitment from the city for her agency's Reaching Out & Changing Lives Capital Campaign.

The city has already committed about \$25,000 in budgetary items and development charges on the project, planning and development director Dan Aquilina said.

Hell said council could consider allocating funds from the \$53,000 deficit in depreciation costs to fund the Port Cares initiative.

"I'd like to see us try to do something to contribute to this," Ward 4 Coun. Barbara Buttens said.

With the budget near completion and little room for the reallocation of funds, Buttens put forth a motion, which was approved, that Port Cares' funding request be sent to the Port Colborne Hydro board for consideration.



## NOTICE OF PUBLIC MEETING

Proposed Zoning By-law Amendment  
Westwood Estates Phase II

### PROPOSED CHANGES

The zoning amendment proposes to change the zoning of the property known as Part of Lot 33, Concession 1 in the City of Port Colborne (see sketch on reverse) from RD (Residential Development) to site-specific R1 (First Density Residential) zone, RT (Residential Townhouse) and EP (Environmental Protection). The proposed zoning change will apply to the area that is generally bounded by the Eagle Marsh Drain to the south, by CN rail lands to the north, by the City of Port Colborne municipal boundary and Cement Plant Road to the west and by existing residential properties on Wood Lane and Stanley Street to the east.

The site-specific R1 (First Density Residential) zone will permit single detached and semi-detached dwellings, a minimum 470 m<sup>2</sup> lot area for single detached dwellings and a 5 metre buffer from the top of bank for those lots which back onto the quarry. The RT (Residential Townhouse) zone will permit street and block townhouse dwellings. The EP (Environmental Protection) zone will identify a Provincially Significant Wetland and its required 30 metre buffer on the south east portion of the property.

The proposed zoning change will reflect the land use designations proposed in the Westwood Secondary Plan and the residential uses proposed in the Draft Plan of Subdivision. Approval of the Secondary Plan will be required prior to Council making a decision on the proposed Zoning By-law Amendment.

### HAVE YOUR SAY

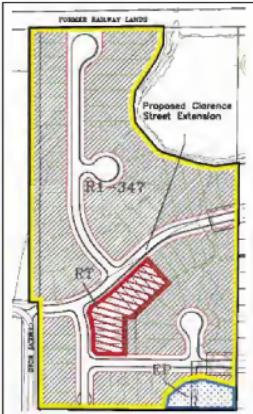
Input on the proposed changes is welcome and encouraged. You can provide input by: speaking at the public meeting or by making a written submission to the City. Please note that unless you do one of the above now, you may not be able to appeal the decision later.

### PUBLIC MEETING

Date: Tuesday April 26, 2011

Time: 6:30 PM

Place: City Hall Council Chambers, 3<sup>rd</sup> Floor  
66 Charlotte Street, Port Colborne, Ontario



### WRITTEN SUBMISSION

To provide input in writing, or to request personal notice of the decision of Council of the proposed Zoning By-law Amendment, please send a letter c/o Ashley Grigg, City Clerk, 66 Charlotte Street, Port Colborne, Ontario, L3K 3C8.

### MORE INFORMATION

For more information on the proposal please contact Shannon Larocque, Planner at 905-835-2901, extension 202.

A copy of the Department of Planning and Development's Public Meeting Report will be available for inspection on Wednesday April 20, 2011 in the Clerk's Division, located on the First Floor, 66 Charlotte Street, Port Colborne, Ontario, or on the City's website at [www.portcolborne.ca](http://www.portcolborne.ca) under "Council Agendas."

### LEGAL NOTICE

Section 34 of the Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the City of Port Colborne before a decision on the proposed by-law is passed by Council, the person or public body is not entitled to appeal the decision of the City of Port Colborne Council to the Ontario Municipal Board. If a person or public body does not make oral submissions at a public meeting, or make written submission to the City of Port Colborne before a decision on the proposed by-law is passed by Council, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there is reasonable grounds to do so. If you wish to be notified of the decision of City Council in respect to the proposed by-law you must make a written request to the City Clerk.

Dated at the City of Port Colborne this 1<sup>st</sup> day of April, 2011.



Robert Hell



Barbara Buttens



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Best Entertainment

Best People

Best Shopping

Best Services





# 2011 Readers' Choice Awards

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Lotus Garden



**Best Fish & Chips**  
Minor's Fisheries

**Best Sub**  
Archie's



**Best Italian Restaurant**  
San Marco's



**Best Overall Restaurant**  
Country Store  
Kettle & Grill



**Best Family Restaurant**  
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**Best Pizza**  
Pazzo's Pizza



**Best  
Outdoor Patio**  
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**Best  
Breakfast**  
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**Best Lunch**  
CanalSide Pub



**Best  
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**Best Hamburger**  
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# 2011 Readers' Choice Awards Best People



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Gary Talosi, Dundee



**Best Insurance Agent**  
Mark Guilbeault,  
Statefarm Insurance



**Best Photographer**  
Charity Swords



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Charlene at Sambo's



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Omar at LA Hair

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# 2011 Readers' Choice Awards

## Best Shopping



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**Best Shoe Store**  
Family Shoe Store



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# 2011 Readers' Choice Awards

## Best Shopping



**Best Tires**  
Murdoch Tire



**Best Auto Parts**  
Young's Automotive



**Best Frozen Food Store**  
M&M Meat Shop



**Best Bakery**  
Sobeys



**Best Convenience Store**  
Avondale



**Best Discount Store**  
Family Discount



**Best Pharmacy**  
Boggio Pharmacy



**Best Pet Food Store/Supply**  
Yardbirds

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Sunday, April 10<sup>th</sup>

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# 2011 Readers' Choice Awards

## Best Shopping



**Best Sporting Goods**  
Buckner's



**Best Office Supplies/Furniture**  
Staples Business Depot



**Best China/  
Gift Shop**  
Arlie's



**Best Florist**  
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**Best Bedding**  
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# 2011 Readers' Choice Awards

## Best Shopping



**Best New Cars**

Mike Knapp Ford



**Best Used Cars**

Bridgeview Motors



**Best Lube/Oil Change**

Erie Muffler & Brake



**Best Lumber Yard**

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# 2011 Readers' Choice Awards

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**Best Beauty Salon**  
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**Best Dance School**  
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**Best Carpet Cleaning**  
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**Best Denturist**  
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**Best Fitness Club**  
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**Best Gas Station**  
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# 2011 Readers' Choice Awards



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White's Insurance



## Best Services

**Best Investment Company**  
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**Best Landscape & Lawn Service**  
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**Best Pet Grooming**  
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**Best Photo Finishing**  
Boggio Pharmacy



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**Best Snow Removal Services**  
Lake Erie Property Management



**Best Travel Agency**  
Lakeshore Travel

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Thanks  
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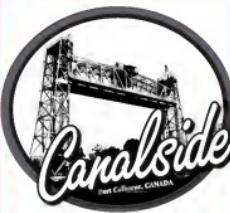
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■ TURBINES: Questions raised in 9-page report penned by consultant 'deserve good answers'

# Info 'missing' from wind farm proposal: consultant

InPort News Staff

**WAINFLEET** — The answers to Wainfleet's questions aren't blowing in the wind.

During last Tuesday's township council meeting, municipal staff brought forward a report that reviewed plans for the Wainfleet Wind Energy Project.

The nine-page report, created by Jones Consulting Group Ltd., and the numerous comments contained within raised several questions from city council.

■ TEACHING SITE: Still in discussions

## Port Colborne might host McMaster med students

InPort News Staff

**PORTE COLBORNE** — Port Colborne may be teaming up with McMaster University to enhance health-care services in the city. "I didn't want to bring anything forward publicly until we put a package together," Mayor Vance Badaway told council recently.

He said he was "uncomfortable speaking about

The consultant's report revealed there "was a lot of missing information" from the plan for the wind energy farm submitted by IPC Energy Inc. on behalf of the Leefoff family, said deputymayor Richard Dykstra.

There were 45 deficiencies found within the plan, which

raised some concerns in council chambers, he added.

Township planning committee Monday held the thorough report and comments found within, all which will be submitted to the province, will help ensure the project is "adequately reviewed."

The report concluded that additional technical information is required in several areas, including location, access, right-of-way use, traffic management, emergency management, construction and natural

heritage impacts.

The full consultant's report will be posted on the wainfleet.ca website, www.wainfleet.ca, in the council agenda package from Tuesday, March 22.

"Ultimately, approval is in the hands of the province. We're just a consulting agency," Munday said of the municipality.

The province does, however, concern itself with the impact such projects have on municipalities, Munday said, certain "those impacts will be addressed."

Tom Lewis, IPC Energy's manager of planning and environmental, said his company plans to formally respond to the consultant's report, providing answers to the questions found within to the municipality. The response is expected to be forwarded in the next one to two weeks, he added.

"They're good questions and they deserve good answers."

It will be hosting a second public open house for the project, though a date has not yet been set.

The company is awaiting a consent letter from the Ministry of Natural Resources. Once the letter has been received, notice of the meeting will be published at least two months in advance, Lewis said.

The open house will feature site specifications on where the wind turbines and other elements of the project will be located, he said.

That information can also be found online, at www.wainfleetwindenergy.ca.

something that's only a quarter done," but with the city's budget deliberations nearing an end, it was an item that needed to be discussed.

City staff recommended the inclusion of \$20,000 for initial investment into the McMaster initiative, which would turn Port Colborne into a teaching site for medical students.

Badaway and Port Colborne physician recruiter

Joanne Ferraccioli have been in talks with Dr. Karl Stobbe — assistant dean for the Michael G. DeGroote School of Medicine's Niagara campus — about incorpo-

rating students into Port Colborne's health-care sector. The project would be a collaboration between the Local Health Integration Network, the DeGroote School of Medicine — run through McMaster — along with a physician lead role in Port Colborne.

The \$20,000 investment into the initiative is for that physician lead role to be created, Badaway told

council.

When Niagara Health System's hospital improvement plan was introduced, Port Colborne had the choice to "fall down on our knees" or take a proactive approach to improving health care in the city, the mayor said.

Opting for the latter, the city has been working toward putting together an "enhanced health service plan," of which

the new McMaster initiative will be a part.

Want 4 Coun. Ron Bonner said it was the previous council that approved the city's new direction in health care.

"I'd like to have a discussion to see if council still wants to move ahead in that same direction," he said.

Plans for the initiative are anticipated to be completed in detail by June, Badaway said.

# SIR JOHN COLBORNE YOUTH SOCCER CLUB

## REGISTRATION DATES

April 2nd, April 9  
9:30 AM TO NOON

April 16th is our late registration: \$15.00 late fee applies

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## ALONG THE LAKESHORE

**SATURDAY, APRIL 9**

St. Joseph's CWL is having their semi-annual rummage sale, from 9am to noon. Fill a garbage bag for \$8. We also have a 25 cent white elephant table, you'll never know what you can find. Church is located at the corner of Nethery and Sodom Rds

**SUNDAY, APRIL 10**

Arts Place will hold its annual Silent Auction on from 2 p.m. to 4 p.m. This is both a fundraiser and a fun event. Come and bring your friends.

**MONDAY, APRIL 11**

Port Colborne Historical

Society will meet at 7 p.m. at Portal Village Retirement Home. Guest Sarah Maloney will speak on the Digitization of War of 1812 Artifacts from Niagara. Call 905-835-2291 for more information.

will host a Girls Night Out. The event will be held at the Brebeuf Hall, 300 Killaly St. East, Port

Colborne. Doors open at 7 p.m. and local psychics will be offering 15 minute readings for

\$5.

See ATL | page 16

## PORTAL VILLAGE PLAZA



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# Ask Our Pharmacists



## COLON CLEANSING AND OTHER DETOX METHODS

People often come to the store looking for products that will cleanse their colon, or detoxify their system. They have heard that regular colon or liver cleansing and other methods of detoxification can rid the body of pollutants, aid in weight loss, and prevent cancer.

The theory that over time the body can accumulate harmful toxins such as metals and pesticides is often perpetuated by the media and other advertisers. Proponents believe special treatments including herbs or supplements given orally, or as enemas, or special diets, can remove these toxins from the body.

Unfortunately there is no proof to support any of these claims. There is no special product or method that can rid the body of toxins.

The body is an amazing machine equipped with liver and kidneys that are responsible for filtering and eliminating toxins from the body.

Detoxification programs can also be dangerous. They often include laxatives that can cause significant diarrhea resulting in fluid loss, and electrolyte imbalances. Some laxatives can worsen heart failure or cause kidney failure in people who have kidney disease.

Enemas and colonics can also lead to electrolyte imbalances and can even cause a perforated rectum. Some deaths have actually been reported with the use of coffee enemas.

For patients who want to optimize their health there are some simple much safer steps that can be taken. The first step for overweight patients is to lose weight by eating more fruits and vegetables and less refined sugar. Secondly, drinking a few glasses of water can help with weight loss and general health. However, it is not necessary to over do water intake either. The body closely regulates the amount of water in your system through homeostasis and your kidneys. Drinking too much can force you to the bathroom with increased frequency and not provide you with any other additional "health" benefit. Simple exercises like walking and some daily fresh air can improve mood and aid in weight loss as well.

For patients who want to take a supplement, there are some that can improve your health. Vitamin D, and Omega 3's have shown significant health benefits. Adults should take at least 1000 IU of vitamin D a day for bone health and cancer prevention. Omega 3's (EPA and DHA) have shown benefits for heart and brain health. An aspirin a day is also promoted for heart and stroke protection. Finally naturally occurring antioxidants that come in berries, green tea, and other naturally occurring sources can help with general overall health.

If you want to improve your health, it is best to avoid colon and liver cleanses and stick to the above mentioned strategies. Speak to your family physician or pharmacist if you would like to add in a supplement, and for advice on the best way for you to "get healthy".

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## ALONG THE LAKESHORE

### FROM PAGE 15

the Knitters' Club, call Vicki Fretz at 905-835-5373.

Kids' "Yoga with Nadia Espresso." For ages 4 to 11, Tuesdays from 4 p.m. to 5 p.m. Two week sessions begin Tues., April 12th to June 14th. Cost is \$20.00 per session plus \$5.00 per drop in. To register call Nadia at 905-329-9841.

Rise & Shine Yoga with Heather Jones. Current session runs Monday, March 23rd to May 4th, 9:30 to 11:00 a.m. Hatha yoga: all levels. Punch cards only. Call Heather at 905-932-6061.

Small Hands Studio: Art Workshops for Children. With Kelly Lanigan. Ages 4 to 10. Painting, drawing, and coloring. Mondays, 6 p.m. to 7:30 p.m. Ongoing classes.

Until June 27th! Each five week session costs \$65. Save \$5 per child when you book two or more siblings in the same session. Call Kelly at 905-834-8483 for more information.

Films for seniors presented the first Wednesday of the month from Oct. to May at 1:30 p.m. in the

auditorium. Free admission and refreshments.

Art in the Atrium: "Moments of Truth", photography by John Ballin until April 15, 2011.

### ONGOING

Maker's Market at Guild Hall, 72 Charlotte St., from 8 a.m. to 12:30 p.m. every Friday. Features local artisans and breakfast for \$4. The market is seeking new vendors. For more information call 905-834-3184.

March of Dimes is celebrating its 60th Anniversary in 2011 and needs your help. The charity is seeking volunteers in Welland and Port Colborne to help support its "Doll-a-Dream" campaign. Please join our legacy tradition of generosity and help children and adults with disabilities in your community. We still need canvassers and captains to join the campaign. For more information or to volunteer, please call 1-800-263-3463 ext. 7705 or e-mail [2donor@marchofdimes.ca](mailto:2donor@marchofdimes.ca). To learn more about March of Dimes programs and services for people with disabilities, please visit [www.marchofdimes.ca](http://www.marchofdimes.ca).

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■ GOVERNANCE: Job a volunteer post

# NHS seeking new board chair

GRANT LAFLECHE  
QMIAGENCY

ST. CATHARINES — Niagara Health System's board of directors has begun the process of selecting a new chair.

The post is currently held by chairwoman Betty-Lou Souter, who has served in the position since 2006, but her term expires in June. The board's policies say it is to begin to explore its options.

"It's boring really. It's governance. There is a process the board has to follow," Souter said last Thursday morning. "The board has begun to look for nominations for a board chair. When that choice is made, we will certainly let you know." Souter said she could be nominated to stay on as board chair, but after four years in the position, said it would be a difficult choice to accept a nomination.

"At this point, it would be a hard choice to make and one that I could only make after having a long discussion with my family," she said.

If Souter is not nominated, or turns down a nomination, she would still be a member of the board. She said board bylaws have a provision for past chairs to stay on as members of the board.

"That is something I intend to do," she said. "I intend to continue to help improve health care in Niagara."

Souter, who was vice-chairwoman before replacing Paul Leon as NHS board chair, sharply countered speculation in some local news media that her potential departure from the top post was part of an NHS leadership shakeup on the heels of president and CEO Debbie Sevenplice being let go. She was replaced by interim president Sue Mathews.

"One has nothing to do with the other," Souter said about her term expiring and Sevenplice's departure. "This

is just what the board has to do. We have term limits and the whole reason you have term limits is so that you can have changes in leadership."

The position of NHS board chair is a volunteer post.

"We are all volunteers. You do a job like this to contribute to your community," she said.

According to NHS bylaws, the board chair's post is renewable every year for a maximum of three years, with a provision for extensions past that with board approval. The board extended Souter's tenure to keep her on while the NHS th its hospital

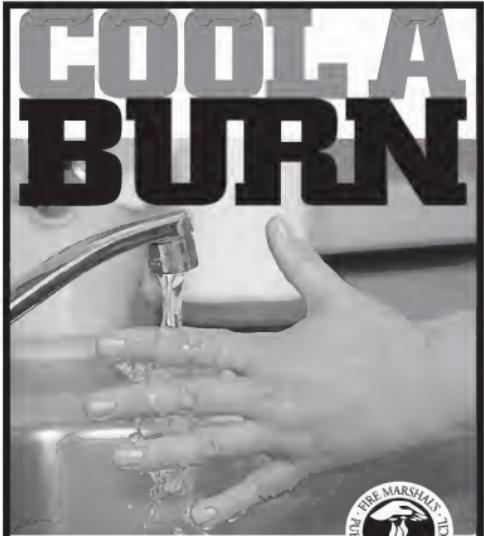
restructuring plan that saw, among other things, emergency rooms in Port Colborne and Fort Erie repurposed into 24-hour-a-day urgent care centres.

During her time as board chairwoman, the NHS also started construction on the new St. Catharines hospital and regional cancer centre, which are expected to open in early 2013.

"I am very proud of that; but the important thing is to remember that I did not do it alone. A lot of people were involved in making it happen," she said.



QMI file photo  
Former NHS chair Betty-Lou Souter.



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## MECHANIC

# Repairs vs. replacement vs. do-it-yourself

DAVE REDINGER  
QMI Agency

A question I'm often asked before getting the go-ahead on any repairs is "Is my car worth fixing?" My experience tells me that it's usually cheaper to repair the car you own than to replace it with another one. I have several

reasons for saying this.

Most important is that you already own your vehicle. Swapping out your ride on cost alone is a major task, but then you also have to take into account all the peripherals - taxes, admin fees, safety certificates, emissions tests, etc. It's just a hassle.

Also, used car values are at an all time low and many

people are often surprised by how little their cars are worth on the market today. That's financing is that new car financing in many cases is zero and if you're a good negotiator, you might even get a discount on top of the finance premium. The result is that many people today are buying new instead of used, as they used to only five years ago. To compare

repairing to replacing though, \$2,500 to \$3,000 in repairs is a reasonable figure. It would cost to the \$30,000 and a new \$40,000 it takes to replace.

I am an able person who knows how to use a wrench and have done some of my own repairs. I own an '87 Ford Mustang (5.0L) and this past week discovered a leak in my gas line around one of the bends

in the engine compartment. It appears to have simply rotted out. My suggestion is it is possible to replace only a section of the line or do I have to replace the entire line? Other than not smoking, what other precautions should I take? Do I have to use some type of sealant on the thread when connecting lines?

As this type of repair is not complicated. However; make

sure you use high pressure fuel line cleaner for injection systems and it's better to replace the connections with "fuel injection hose clamp". I always frown on any repairs conducted on vehicles by people who are not professionals. Why not be safe and have a pro do this. A leak in the fuel system could cost you the car or worse.



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■ ARENA: Last games played

# Lots of memories at Teeder Kenney Youth Arena

ALLAN BENNER  
InPort News Staff

**PORL COLBORNE** — "We played a lot of hockey here," Tom Lannan said last Friday night as he looked around the Teeder Kennedy Youth Arena. "We coached a lot of teams."

The arena on the city's east side first opened its doors in December 1974, a year before Lannan joined the municipality as program supervisor.

On Nov. 26, 1978, the building was dedicated and named after Ted (Teeder) Kennedy, an NHL Hall of Famer who played for the Toronto Maple Leafs throughout his career from 1942 to 1957, and died up in Humberside, not far from the arena that bears his name.

Lannan still remembers the day when Kennedy, his cousin, was at the arena for the official opening.

"That's when Teeder was here and Bronco Horvath," he said. "It was a long time ago."

■ DECIDING GAME: Victory for team

## Road win gives Port Colborne bantams OMHA title

BERND FRANKE  
InPort News Staff

**PORL COLBORNE** — Tyler Dickerson's second shutout in as many must-win games and a forecheck that just wouldn't quit gave the visiting Scotiabank Sailors a 3-0 victory over Stratford last Saturday — and Port Colborne its first Ontario

"I wish Ted was still alive."

Lannan, who retired in 2009 as Port Colborne's recreation director, returned Friday to drop the puck to start the final game ever he played in that arena, an atom house league semifinal play-off game between the Green and White teams.

John Steepleman for the ceremonial faceoff at centre ice were house league convenor Chris Van Kralingen and Port Colborne Minor Hockey Association president Bill Steele.

Though a new twin-pad arena won't be ready by the time the next hockey season begins, Lannan said he isn't concerned about a shortage of ice time, pointing out that Port Colborne minor hockey has already made arrangements with neighbouring communities.

"We've already talked to both Fort Erie and Wainfleet to secure ice time there," he said. "We've had meetings with all of our ice users, and

we've tentatively set a schedule for everybody. There's going to be some sharing of ice, a little bit of movement."

Steele said Dunnville has also offered to let Port Colborne teams play there.

"We've been able to extend the day, squeeze everybody in," he said.

House minor hockey will use the arenas in neighbouring communities for practice time while games will still be played in Port Colborne.

Van Kralingen said the volunteer organized Friday's ceremonial faceoff because "we thought it'd be fun to get everyone together and have one big last hurrah. We've had an amazing run with our kids and our parents."

He said all the house league teams have been very competitive this season and instilled values, such as "confidence, self-esteem and a sense of community" amongst the young hockey players.

Van Kralingen was a little concerned about next fall,

when the hockey season begins without the Teeder Kennedy arena. "It'll be tight," he said.

But it will be worth it in the end, he added.

"I would encourage everyone to be patient and stick with it. Once it's done, it'll be a fantastic facility," he said. "It's going to be great."

Lannan said he hopes Kennedy's name will continue to be associated with the new Health and Wellness Centre, which is what the municipality will call the combination twin-pad and indoor pool that will replace the smaller of Port Colborne's two arenas.

He said the city can call the complex whatever they want, but he hopes one of the two sinks within the centre continues to bear the name of Humberside's hockey team.

The arena also served as home ice to Lakeshore Catholic High School's hockey teams.

abennet@wellandtribune.ca



Retired Port Colborne recreation director Tom Lannan signs a puck at the final game played at Teeder Kennedy arena.

Minor Hockey Association  
celebrating 30 years since 1985.

Brett Audit, Jeremy Audit and Kamden MacNeil scored a goal as the bantam B team came back from a 2-1 deficit to win the best-of- five, six-point series three wins to two.

Port Colborne, which forced the deciding game in the provincial final with a victory on its home ice Game 4,

also by a 3-0 score, exploded in the third period and rolled on a blue-chip defence hacked off by Dickenson to prevent Stratford from defending its Ontario championship.

While the opening period was scoreless, suggesting the series was up for grabs, the Sailors controlled the flow of the game from the opening

faceoff.

"They could roll just after the faceoff that we wanted to win that game," said Port Colborne Minor Hockey Association president Bill Steele, one of about 300 Port Colborne residents who made the 2- 1/2-hour trip to Stratford to cheer on the Sailors.

While the Sailors had more than enough fans on hand

to celebrate their championship in Stratford, they opted to board the bus for the return trip home and a team dinner at the City Tavern.

Head coach Tim Fretz said news of the championship travelled fast, with signs of congratulations greeting the team bus on its way east along Hwy. 3 appearing as early as Wainfleet.

Harvey's/Swiss Chalet and Victoria Inn were quick to acknowledge the end to Port Colborne's long title drought on their outdoor signs.

"They received quite a welcome when they came home, and they deserved it," Fretz said in praising the play of his 13- and 14-year-old players.

sports@wellandtribune.ca



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**■ NOW OPEN:** Doug Swartz Appliances

# Appliance store a family affair where service is important

**VICTORIA GRAY**  
InPort News Staff

**PORT COLBORNE** — Doug and the rest of the Swartz family want to help make Port Colborne more self-sufficient.

"You have to love what you do — we do and we love Port Colborne," said

the father of three teenagers and owner of Doug Swartz Appliances.

On April 11-15 the Swartz family will host a grand opening of the new house-hold appliances store at 435 Killaly St. East.

Its 405-square-metre showroom boasts a large selection of name brand

products. "We're a family-owned and -operated to cater to the needs of local families," Swartz said. "We'll



Doug Swartz

provide you with the best product to fit your lifestyle."

Grand opening week events will feature hors d'oeuvres made by Doug's wife, Debbie, all day, every day in a live kitchen that features handcrafted cabinets by Ernie Kerekes of Kerekes Cabinets.

Debbie said her husband

has been in the service industry for 36 years.

"After the sale, it's the service that's important," she said. "That's his best product."

Visitors can fill out a ballot to win a free Frigidaire front-loading washer and many other prizes.

"You don't even have to buy anything, just come see us and take a look at the showroom and fill out a ballot."

Doug Swartz Appliances will offer to pay the HST on all purchases made during the grand opening week.

vgray@wellandtribune.ca

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Ariel Jeffs

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1-866-541-6757

Classified Extra [I]

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Monday-Friday

8am-3pm  
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# We Love Our Customers

## CUSTOMER APPRECIATION DAY

OPEN LATE ON CUSTOMER APPRECIATION DAY

## WILD WEDNESDAY

9:30 am UNTIL 7:00 pm

April 6<sup>th</sup>, 2011

**20%**  
*off*  
SUPPLEMENT PRODUCTS  
Non Sale Items Only

**15%**  
*off*  
BODY CARE PRODUCTS  
Non Sale Items Only

**10%**  
*off*  
FOOD PRODUCTS  
Non Sale Items Only

## TrimFirst Weight Management Program

Trim First was developed to assist in a weight management program. When combined with a reduction of reduced calories and increased physical activity, Trim First will help you get back to a healthier BMI level.



The Trim First plan focuses on several key areas of weight management:

The Metabolizer – increasing the body's metabolic rate, metabolizing fats and carbohydrates.  
Blood sugar control – maintain healthy glucose levels and insulin sensitivity, regulate cortisol which interferes with insulin

Fibre support – improving digestive health, regularity, lowering LDL cholesterol and bowel health.

Three products – Metabo-First, GTF Chroma-Cinn and Pre-Bio Fibre – are formulated to work together to help you achieve your weight management goals and are available in a two week supply kit:

Includes  
Meal & Lifestyle  
Guidelines!

Product	Benefits	Product	Benefits	Product	Benefits
Metabo-First	Helps in weight management when used with a program of reduced intake of carbohydrates and increased physical activity (if possible). Source of antioxidants for the maintenance of good health.	GTF Chroma-Cinn	Provides support for healthy glucose metabolism	Pre-Bio Fibre	Source of fibre for the maintenance of good health
			Helps the body to metabolize carbohydrates and fats		Helps promoted the growth of friendly intestinal bacteria for the maintenance of intestinal health

## HOW GOOD IS YOUR FISH OIL SUPPLEMENT?

**OMEGA FISH OIL**  
Buy 500ml  
**\$39.99**  
Get 250ml  
**FREE**



**OMEGA FIRST**  
240  
120  
60  
**25% OFF**



**Kids Pack**  
**\$24.99**

**FILL UP ONLY**  
5 GAL (18.9L) (max.)  
WITH CARTRIDGE  
LITER FILLS  
PER COUPON  
EXPIRES APR 30, 2011  
PORT COLBORNE LOCATION ONLY

**99¢**



**The Healthy Cupboard**

**TWO LOCATIONS!**

**PORT COLBORNE**  
101 CLARENCE STREET  
(across from Food Basics)  
905 835.9806

**FONTENAY**  
111 #20 EAST  
(Across from Sobey's)  
905 892.9054